

OBSERVATIONS

Buch L.D.
O N

Doctor WILLIAMS'S

TREATISE

UPON THE

GOUT.

By Mr. DANIEL SMITH,

Author of a LETTER to Dr. CADOGAN, with
REMARKS on the same Subject.

B R I S T O L.

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OBSERVATIONS, &c.

IN a letter I some time since addressed to the ingenious Doctor CADOGAN, it was attempted to be proved, that the Gout originates from the fluids of the human system. A pamphlet, however, having lately been published by the learned Doctor WILLIAMS, wherein he endeavours to prove that the Gout owes it's origin to the solids, and not to the fluids, it becomes necessary for me to make some observations on that publication; not with a view only to corroborate my former opinion on this head, but to prevent as much as possible, any ill consequence that may happen to those people who are inclined to adopt the Doctor's hypothesis. After having taken some pains to prove his theory, speaking of the gouty humor, he says, page 7.

“ As this matter is more or less acrid,
 “ and the fibres of the body more or
 “ less fine and irritable, so will the pa-
 “ roxysms be more or less acute. It will,
 “ I think, from hence appear, that the
 “ first cause of the Gout is in the
 “ solids, and not in an indisposition of
 “ the fluids, as many have supposed,
 “ the latter being only a secondary
 “ cause. We never hear of a country
 “ farmer, or workman, whose fibres
 “ are properly braced, by exercise or
 “ otherwise, who has a fit of the Gout,
 “ altho’ he lives ever so irregularly :
 “ but as soon as by accident or other-
 “ wise, his fibres begin to lose their
 “ elasticity, he will be as liable to have
 “ the Gout as any other person. We
 “ find likewise that the generality of
 “ mankind, who are subject to the
 “ Gout, seldom have it ’till they are
 “ advanced in years, when the fibres
 “ lose

“ lose their elasticity, and the circu-
 “ lation begins to be imperfect, as has
 “ been above described. Those few
 “ who have this disorder before they
 “ come to the meridian of life, are such
 “ who are naturally of very weak and
 “ relaxed fibres, or are born of parents
 “ who were, either in the decline of
 “ life, or whose constitutions were ex-
 “ tremely weakened, by debauchery
 “ and irregularity.

WITH regard to his aphorism, that
 the paroxysms of the Gout will be more
 acute, in proportion as the matter is
 more acrid and the fibres of the body
 more fine and irritable, it is indisputably
 just; but certainly it does not follow
 from hence that the first cause of the
 Gout is in the solids, and not in the
 fluids. I wish the Doctor had given us
 some sufficient reasons, supported by
 just

just experiments, to have confirmed his system. As he has not done this, I believe, to the satisfaction of many of his readers, I am inclined to think, it appears more probable that those gentlemen who have advanced the contrary opinion, are in the right, viz. that the primary cause of the Gout is in the fluids and not in the solid system of the human frame. If his conjecture was right, women would be more subject to the Gout than men, as their fibres are confessedly of a more soft, delicate, and relaxed texture; the contrary however is evident: indeed did the original cause of the Gout depend on a soft and relaxed state of the solids, then all people in our climate, under this predicament, would be subject to the Gout, which is very far from being the case. Besides, were this disease owing to the cause just mentioned, it would be probably the reigning distemper

*Primary
Cause of
Gout in
Fluids*

per of the Asiatics; tho' Doctor CADOGAN has remarked, and I verily believe with great truth, that the Gout is scarcely known to the natives of *Asia, the Gout-* notwithstanding their effeminate and inactive manner of living; which, join'd to the warmth of the climate, and their frequent sacrifices to the shrine of Venus, must render their solids more soft and relaxed than those of the Europeans, who are principally the subjects of this painful and deadly distemper. Doctor *the Gout a* CADOGAN, therefore, observed with *Disorder of* more propriety, that the Gout is a disease of the strongest constitutions. *the strongest* *Constitutions* People of this make, have generally good appetites, which they most commonly indulge too much; and not using proportionable exercise, the blood and juices are fill'd with those acrid alkalescent humors, which cause an immediate fit of the Gout.

WITH regard to Doctor WILLIAMS's assertion, that country farmers and workmen, if they live ever so irregularly, have not the Gout provided their fibres are properly braced by exercise, it will appear on examination not well founded.

In the Parish where I now reside, there

*I know many
instances
of Dr Smith's
Assertion
to be.*

were lately, three remarkable stout athletic men, exactly answering his description afflicted with the Gout, two of these men (tho' some times given to drinking) were hard working men, and as soon as the fit was over, returned to their daily labor, the one to husbandry, the other to guardening. I have likewise been well informed, similar instances can be produced in many other parishes, particularly in the county of Devon, where the farmers and labourers are very frequently subject to this disorder. Is it not more probable that such a quantity of this acrid matter is

accu-

accumulated in the fluid system, as even their exercise and labour are not sufficiently able to expel.

THE beautiful lights of anatomy, have clearly discovered to us, that all the solids of the human machine are made and supported *from* the fluids, therefore as the cause is, such will be the effect : If the fluids are, from accident, or any other cause, contaminated, or become poor and languid, the solids must partake of the injury, as from this source they derive their existence and continual support. And I believe it will appear, both to the learned and to every common reader, that the solids are mere passive substances without the least action inherent in themselves, and possessing no power whatever, but that which is given them by the influence of the fluids, or is communicated by the superior direction

rection of the mental faculties. If a person in health, and in his senses, wishes to move a finger, or a toe, or any part of his body, it instantly obeys the mental powers. Again, view a man in a fainting or in an apoplectic fit, the reasoning faculties are now suspended, and the patient to outward appearance is dead: if you take up a hand or a foot, and let it go, it drops like any other ponderous inanimated matter. It is therefore plain the solids are of themselves inanimated substances, which as soon as the vital spark quits the body, are as inactive as a stone. Indeed, if you apply your finger to the pulse of a person under the above circumstances, you may often discover a faint beating of the artery, but this arises from the circulation of the fluids, which gently force themselves through those vessels. For these reasons the solids appear to be
but

but secondary causes; not the first, as Doctor WILLIAMS supposes; and I think it may be demonstrated that not only the Gout, but most if not all, both *Both Acute & Chronic* chronic and acute diseases owe their *Disorder* origin to the fluid system. The means *Fluid system* generally used in recovering the sick, whether internal or external, are intended to affect the fluids, hence supposed to be the primary cause of health or sickness. As to internal medicines, they are conveyed into the stomach and designed, by their immediate action, to carry off the crude offending matter, before it can enter into the lacteal vessels, and increase the disease, or by mixing with the chyle, they are by the immutable laws, and active powers of nature, convey'd into the blood, and distributed to every part of the solid system. The most general, most natural and best external mode of relief is exercise, when the disorder will admit of

it, which by giving action to the viscera and the other internal parts of the human œconomy, removes obstructions, and invigorates the concoctive powers, the first object deserving our consideration. The circulation of the blood too is greatly increased by these means; the capillary vessels, and excretory ducts, are open'd, and give vent to those acrid humours, which by being retained in the body, cause most chronical diseases, and particularly the Gout. I shall speak of the different kinds of exercise after I have finish'd my remarks on the preceding quotation.

THE reason why so few young people, whose constitutions are inclined to favour the gout, are not affected with it before the meridian of life, I have often thought may be owing, not only to those active and sprightly exercises they are prone to, and most commonly
 enjoy

enjoy, and their freer perspiration ; but during this period, all the solids of the human frame are increasing their bulk ; and as it appears beyond dispute, on analyzing the callosities formed in the gouty habit, that they are of the very same kind of substance with the said solids, may we not reasonably infer, that the fluids, which nature directed to the increasing of the solids, now sufficiently formed to their extent, are, for want of continual and proper exercise, pent up in the habit and become food for the Gout? I am aware that many will say, if this conjecture had any foundation in reason, then all people, who have passed the meridian of life, would be subject to the Gout. In answer to this, I must observe, that most arthritick people are in the first place, costive, and in the next place, rarely have any sensible perspiration ; for the truth of this obser-

vation, I refer to those subjects who are much afflicted with the Gout. Most other people, not subject to this disorder, are often relieved by frequent stools, or have vast discharges through the pores of the skin, brought on by very little exercise, and often without any, both from the feet, arm-pits, head, &c. And

dear that this perspirable matter is of a putrescent alkalescent nature, it's pungent effluvia sufficiently discover. Now I appeal to every considerate and candid person, what must be the consequence if these offensive fluids were pent up in the habit? Would they not cause deadly fevers, or some miserable chronic disease; as indeed has been the case with many people who have most imprudently stopped such discharges from their feet? I am not, by any means, fond of indulging hypothetical ideas; yet when they carry an air of probability and

and have no appearance of being injurious, they may be useful, and therefore are allowable; This hypothesis is supported by observing, that, during the paroxysm of the Gout, nature rejects all kind of animal food, whose alkalescent juices are undoubtedly one cause of this disease, and that the fit is generally carried off by purgatives, bleeding, or by sensible perspiration, either natural, or procured by art.

IN my letter to Dr. CADOGAN, I *gouty people* observed, that one natural cause of the *have a redun* Gout is a redundancy of bile, which *=dancy of* nature has given to gouty subjects in a *Bile* greater proportion than to other people. I have great reason to be convinced of the truth of that observation, not only from it's being beyond a doubt an alkaline body, which chalk stones and the other visible effects of the Gout
are,

are, but from it's never afflicting those who live on acescent food, which I took some pains to prove in that letter above-mentioned, to which I beg leave to refer the reader. This, in some degree, accounts for the Gout's so severely afflicting one man, and not another, who lives exactly the same kind of life: Indeed there are many instances of men, who lead the most inactive, luxurious, and intemperate lives, and yet never have the Gout at all. The fibres of such people can never be firm or braced: How then can it be accounted for, that these men have not the Gout, unless it be that they generate a less quantity of bile than others? It is I believe beyond all doubt, that some constitutions suffer for want of bile: May not this be the reason, why so many people can dispense with such quantities of fish and flesh, whose alkalescent juices being

so near akin to the bile, supply it's defect; and hence may be accounted for their freedom from the Gout. In that letter just alluded to, there was produced a well-attested account of a Gentleman who died of the Gout in his stomach, whose gall bladder was three times bigger than is usually observed in other bodies, particularly those which were in health immediately preceding their death, such as executed criminals, &c. It also appears to me, in the legible characters of nature, that the bile amongst other uses was given us, in order to correct and more speedily digest the acedent food we were originally designed principally to feed on. The consequence I would draw from these remarks is, that those people who live much on animal food must communicate an alkaline disposition to the human

man juices, which, unless counteracted by acids, or expell'd from the body by great and constant exercise; must cause an immediate fit of the Gout.

I KNOW it has been remarked, by some very ingenious men, that there are many people much troubled with bile, who never have the Gout: This is allowed; but do not these men generally discharge it in it's crude state, either by it's action as an emetic or cathartic? whereas those people subject to the Gout, being of a more robust constitution, retain it longer in the stomach; where, by being concocted with the food, it passes on to the lacteal vessels, and so into the blood, and then does the mischief just mentioned.

WHETHER or no this disease originates from the fluids or from the solids, will

will be further considered. I neither write for fame, nor from a vain and foolish desire of subverting one man's system to introduce another: I am conscious my literary talents cannot give me any pretensions to the one, and I have always held in detestation the other, unless done with a view to the public good; which I protest is my only motive for writing. And this I have not the least doubt but the candid reader will believe; and in order to prevent the illiberal, who are always ready to suppose every objecting writer has some interested view in his publication; I find myself under a necessity of declaring, that I am not any practitioner of physic, nor ever will be, tho' I honor the profession, and have the highest respect for the liberal professors of it.

IT now comes in course, that I should, consistently with my promise, make some observations on the use and advantage of the different kinds of exercise. With regard to cold bathing, on which Doctor WILLIAMS lays so great a stress; I cannot help thinking he has much mistaken from whence it's use and effects arise to gouty people.

In cold bathing THE advantages of cold bathing, he supposes are, that it braces the solids, and by constringing the fibres increases the circulation, and removes obstructions in the capillary vessels. That these effects are, in some degree, produced by cold bathing, is not to be disputed, not however from it's power and influence on the solids, but on the fluids. This can be proved by a very familiar and obvious experiment on the thermometer, the fluid of which is considerably rarify'd

rarify'd by heat, and condensed by cold, and this without the least visible alteration on the glass tube : For did the action of the atmosphere operate principally on the glass vessel, and not on the fluid, the effects of heat and cold on the fluid would be reversed : It is then beyond a doubt that it is the coldness of the atmosphere which sinks or condenses the fluid in the tube, and this phenomenon is the same, put whatever kind of fluid you will into it. If this plain and obvious experiment be admitted, and I think it cannot be controverted, then it is as clear and certain that the action of the cold bath is on the fluids, and not on the solid system of the human frame. This principle being established, I shall now consider the power, use, and influence of cold bathing. At the time the bather plunges into the cold bath, his fluids

are rarified in proportion to the state of his habit, the heat of the atmosphere, or his exercise: The cold water now instantly condenses them, and they occupy a less space, and are at the same time forced to the larger vessels of the human body: The various tubes, which in fact compose the solid system, and are dilatable bodies, instantly shrink, in consequence of the fluids being condensed, which before distended them. Immediately on the person's quitting the cold water, and getting into a warmer medium, his fluids become rarified again; at the same time, the blood rushes with an increased force from the heart and arteries to the external parts, and the equilibrium is restored. This increased action of the vital frame is certainly not very considerable, nor in any degree equal to that procured by the common modes of exercise: To
 prove

prove this, let a person be conveyed to the cold bath in a carriage, the exercise of which, as carriages are now constructed, cannot raise his pulse much; however, as soon as he comes out of the water, carefully attend to it's vibration, and I believe, in general it will be found, it's increased power will be very short of that arising from the smart trotting of a horse, or from walking a tolerable pace on foot. It is therefore plain, that the advantage of cold-bathing is not acquired by the increased circulation of the blood, nor from it's action on the solids, as Doctor WILLIAMS supposes. As I am, however, a great advocate both for cold and marine bathing, more particularly the latter, I shall endeavour to shew from whence its use and advantage arise to the bather.

IT is very well known to persons conversant in anatomy, that in every part of the human body there are innumerable excretory and absorbent vessels, imperceptible indeed to the naked eye by any means whatever, and only discoverable with the assistance of a microscope. These are given us by the beneficent and glorious Creator of the animal machine, the one to draw in moisture, and the other to discharge those fluids prepared for expulsion. And I believe it will appear clear and conspicuous, to every one that attends to this well known fact, that those people who use little exercise, and who keep themselves immured in warm dry rooms, cannot receive either of these advantages, designed by the great and good Author of Nature to preserve health and long life. Such people cannot receive much benefit from the excretory ducts, because they use so little exercise;

exercise ; nor from the absorbent ducts, for want of exposing, as they ought, their persons to the fluid and salutary air.* It is likewise natural to suppose, that, for want of a more forcible circulation, to keep open the excretory ducts, they are choaked up by that viscid perspirable matter which, every one knows, is of a clammy adhesive quality. B

HAVING taken notice of these material circumstances, in order that the reader may clearly comprehend what follows, I shall now point out the advantage of bathing, in the light it appears to me ; and tho' my ideas of it may be new, I hope they will not be less conclusive on that account.

THE

* THE above doctrine of absorption of watry particles, by the surface of the body from the atmosphere, was admitted by Doctor MEAD. Vide his chapter on the Diabetes, in his *Monita & Præcepta Medica*.

THE person who bathes we will suppose is an invalid, under the above description. On his plunging into the bath, and immediately returning, he feels an instant glow: This may, in part, arise from the quick condensation and immediate rarification of his fluids, which may increase the circulation a little; but I am inclined to believe, this glow arises from his so soon quitting the cold water for a warmer medium, having prudently left the bath before the influence of the cold could have had any effect on the fluids in or near the vital parts, which might give a dangerous sensation of cold to the whole human frame. The patient having been wetted all over, that viscid adhesive matter, which constipated his pores, is now moistened by the water, which, by the use of the towel, and the assistance of the attendant, is rubbed off;

off; his excretory and absorbent ducts are again opened, and he finds in consequence an agreeable moisture on his skin, which before was dry.

It is generally remarked, that the patient perceives greater advantages from the second time of bathing than he did from the first; which may be accounted for by his now drawing in the water into the blood thro' the absorbent ducts, which dissolves it's acrid salts, and promotes their expulsion by the urinary passages: And I believe every bather will find, on observation, he makes more water during the time he is in a course of bathing than he did before.

THESE circumstances being attended to, will perhaps account for the superior advantages of sea bathing, which is mostly practised in the summer months,

a time that admits the patient to stay longer in the water, by which means he draws into the blood a greater quantity of it; and this water being of a saline penetrating quality, cannot fail of purifying the fluids, and consequently giving a salutary firmness to the solids. From hence we may affirm, that the advantages acquired by bathing in scorbutic, scrophulous, rheumatic, and gouty cases, are evidently derived from the influence the water has on the fluids, not on the solids."

A VARIETY of experiments can be produced to prove that there are these passages into, and out of the animal body: The one must be known to every person who has, at some time or other, sensibly perspired; and the other, tho' not so easily comprehensible by such as are not conversant with anatomy,

tomy, may yet be demonstrated, by rubbing into the legs some spirits of turpentine, which will soon be smelt in the urine of the person so treated. *Use of*
 Upon this principle it is that medicated *Medicated*
 baths do such service, which, if well *Baths.*
 adapted to the particular disorder, cannot fail being highly useful, and if joined with a course of well-chosen internal medicines, I am inclined to believe, will soon get the better of most chronical diseases; and if the person relieved has but resolution to persevere in wholesome diet, and will live in good air, and take proper exercise, he may continue well for years. But be assured, without attention to these essential circumstances, he whose constitution inclines to any species of disease, and particularly the Gout, will be visited by it again, as soon as his

blood becomes impregnated with acrid contaminated juices,

*Danger of
riding in
cold Bath
too long*

IT will be unjust however not to take notice, how much every one who bathes is indebted to Doctor WILLIAMS, for his caution to the bather not to stay in the cold bath too long; as most assuredly no advantage can arise from it, and it may prove fatal, as he judiciously observes.

*Riding
best exer-
cise
why*

OF all kinds of exercise for a gouty man, I think riding on horse-back is best; as it enables him to procure, by riding smartly, a free perspiration without fatigue; at the same time, from the motion the horse gives him his cuticle, or external skin, is constantly rubbed, which must unavoidably keep open those passages just now described, and give him all the happy advantages of the salubrious air. At the same time

every

every internal member is exercised, which, as it promotes a good concoction, must contribute equally to preserve his health. Besides, the various pleasing, and delightful objects, which kind Providence has so beautifully arranged, and spread over the earth, cannot but enliven his mind, and create that chearfulness, which has sensible and surprising effects on our bodies; between which and the reasoning faculties there is so evident and intimate a connection, that one cannot receive a benefit without the other. And in order to enjoy these rides in perfection, and receive every possible advantage from them, let me advise him never to be without some silver in his pockets, that whenever an aged, or an industrious poor object presents itself, it may be in his power to bestow an unexpected benefit. That glow of joy, which

*very pretty
thought as
wishes a
Charitable
one*

which is so apparent in the person relieved, must reflect on a benevolent mind the most luxuriant pleasure, and, by heightening the donor's happiness, promote his health on the principles just now laid down.

Walking
exercising
IF the gouty person be not so far debilitated by the disorder as to prevent him from walking briskly, this is fine and natural exercise; and if he *be* fond of shooting, it will greatly enliven the animal spirits, and by those sudden and extraordinary efforts sportsmen generally make, a sensible perspiration will be raised, which cannot fail of producing very salutary effects; nor would *to a man*
in a short
time
I, by any means, have him be afraid of wetting his feet: I have often in this exercise been wet in my feet for four hours at a time, and so far from receiving any injury from it, I have found
very

very happy consequences : I must how-^{ever} ^{provided}
 ever observe, that I never sit down in ^{He does not}
 this condition, but, the moment I get ^{set down}
 home, change my wet shoes and stock-^{with wet}
 ings for dry ones. ^{clothes,} Whoever duly con-
 siders what was said with regard to
 bathing, will quickly perceive from
 whence these advantages flow. When
 such exercises cannot be followed with-
 out doors, as will procure a free perspira-
 tion, some species of it within should
 be adopted, as Doctor CADOGAN in ^{Battledore,}
 his treatise judiciously observed. In a ^{Shuttlecock}
 former pamphlet I mentioned the game
 of battledore and shuttlecock, which I
 again warmly recommend, having seen
 some very happy effects from it since
 that publication ; and I will for once
 venture to predict, that unless some
 such kind of exercise be followed, as
 will promote a free sensible perspira-
 tion, and expel from the blood those
 redundant

redundant alkalescent juices which occasion an immediate fit of the Gout, the intervals of this disease will not be of any considerable duration ; unless indeed men will submit to live entirely on acescent food, which is a penance I believe very few in *England* will ever think of performing. The Bramins, Pythagoreans, and whole nations in *India* live however in this manner, and enjoy, in consequence of it, uninterrupted health and long life.

Gouty Persons
Should not
Eat of many
Things at a
Meal.

I OBSERVE, with some concern, that DOCTOR WILLIAMS allows his gouty patients, when free from a fit, to eat of three things at a meal. The consequence of this will certainly be, notwithstanding his caution, that many a man will eat more than his natural appetite prompts him to; and, were there no other ill effect from it, (though there

there

there are many) the powers of the stomach, and it's concoctive influence, will thereby suffer, and be sooner destroyed. His directions not to overdress meat are however judicious, and the objection he makes to Doctor CANDOGAN's proposal, for keeping animal food till it is in a perishable state, is highly commendable, and his reasons for it conclusive: Nor is he less worthy attention, for his advice to people, to divide the food they may be supposed to eat in one day into three meals. And in order to enforce and support this rational and commendable doctrine, I beg leave to propose the following plain experiment, which in some degree elucidates the nature of animal digestion, that being principally performed by the menstruum conveyed into the stomach. Take a soluble body, and put it into any given quantity of it's proper men-

E

struum,

struum, then put one third part of the same body into the like quantity of the same menstruum, and you will soon see that the one third part will be dissolved much sooner than that of the whole body; for which reason, I think it appears clearly, that, by dividing our food as above directed, it will be sooner digested, and with less oppression on the concoctive powers.

*Alterative
medicines of
little use in
the Gout*

WITH respect to his medicinal method of treating the Gout, I must observe, that I do not think any species of medicine, called alteratives will make any desirable alterations in the habit of a gouty person. I say this from a presumptive knowledge I have of this disease, and from experience in my own case, as I heretofore tried the most powerful medicines of this distinguished class without effect.

WITH

WITH regard to his particular alterative medicine, from which he promises such great things ; notwithstanding, in the preceding part of his pamphlet, he very judiciously condemns the use of opium in the Gout, (it being most certainly a pernicious medicine * in this disorder) he now however orders no less than nineteen drops of laudanum, mixt with thirty-one drops of HUXHAM's essence of antimony, for a dose, *Opium* and this to be continued five or six weeks. He says, indeed, the narcotic quality of the opium is corrected by the antimony ; but upon what principle he does not mention, tho' it so justly calls for an explanation, more

E 2 particularly

* THE most deadly and frightful effects of this drug I have been a witness to in my own family. I do not from hence, however, condemn the use of it in other cases, as I am persuaded it is a most noble medicine, and that there are some horrid diseases not to be conquered without it.

particularly as he before condemns the use of it: For my own part I am persuaded, this drug, in any shape, is a bad medicine for gouty subjects, as it not only destroys the powers of digestion, but generally brings on an inveterate costiveness, a thing highly detrimental; and this the Doctor seems apprehensive of, by ordering the patient to be purged every seven or eight days, if he be costive.

*Mercurius
dulcis*

MERCURIUS DULCIS, another part of his alterative, I verily think is no better than opium in gouty cases: how far it may be corrected by the kirmes mineral, which is in fact the sulphur of antimony, I shall not take upon me to determine. The salivating property of the mercury may indeed be counteracted by the brimstone; but the preternatural perspiration, the Doctor's pro-

cess

cess will occasion, must greatly debilitate, and be extremely detrimental to a gouty person. Effence of antimony, *Promises of Antimony* and kirmes mineral, are certainly fine medicines in some cases, and safe tho' powerful ones; and may be of use to *Scorbutic* gouty habits, altho' not capable of *Mineral* doing such superlative service as he promises.

I HAVE taken all these medicines, and ingenuously own, the two first did me much injury, and the last no perceptible good: how far their effects may be altered by being blended together, they will be the best judges who try them,

I CANNOT but observe too, with real *Dr. Williams* concern, the assurance Doctor WILLIAMS has given to such gouty patients, *blamed for promising too much* who will follow his rules and prescriptions, *Gout-*

tions,

tions, that they shall be radically cured of the Gout.

9097 Doctor CADOGAN, with the like
Cadogan warmth, promised the same to all those
repeated for who would follow his directions, and
not knowing insisted upon it, that a person once
the history cured of a fit of the Gout was, to all
Diagnosis intents and purposes, as free from it
 as one who never had it; but what
 numbers of people, who in every re-
 spect followed his instructions, have
 proved, he was not thoroughly ac-
 quainted with the nature of the dis-
 ease he treated of!

Or low again IT might have been better too, had
came for Doctor WILLIAMS been less sparing
promises of his promises, more particularly,
to disprove that his method of treatment would
about dissolve the gouty concretions, and ex-
conclusion pel

pel them out of the habit. If we are to form our opinion of his radically curing the Gout, from the possibility of dissolving gouty concretions, our hopes will rest on a poor foundation. If he be a perfect master of the disease in question, he must know that the gouty callosities, when once formed, become so much a part of the bones to which they adhere, that the one is not to be destroyed without the other; that the gouty concretions are to all appearance a chalk stone, and are impossible to be dissolved by any thing but a very sharp acid menstruum, which cannot possibly be conveyed to them, either by internal or external means: Not by internal means, because the greatest adepts in the chymical art, famous as well for their skill as their integrity, have declared that the human blood has not the

*Gouty
Concretions
of the
Chalk stone*

*cannot be
dissolved &
wh,*

the least acid in it, nor can be made to receive any, by medicines taken in at the mouth. I have great reason to adopt this doctrine, from various experiments made on the blood of those animals who live entirely on acescent food, in none of which I could ever discover the least tendency to any acidity. For this reason I think we may fairly conclude, that as the mildest acids cannot be conveyed to gouty concretions by the ordinary laws of circulation; they cannot be resolved by internal medicines, and therefore are not to be taken up by the reflux blood, more particularly as these concretions are a thousand times bigger than the capillary vessels. It will likewise appear as impossible to effect the dissolution of gouty concretions by external means, because those sharp acids, which only can dissolve them, would most certainly

tainly destroy the parts that cover them, before the concretions could be the least affected. These things being fairly and candidly considered, I believe it will appear, that Doctor WILLIAMS has promised more than human art can effect. Had he confined his promises to the dispersing those collections of gouty matter not yet concreted, that easily yield to a gentle pressure, and which are common in subjects much afflicted with the Gout, his pretensions would have been more plausible; as such substances have been taken up by the reflux blood, and afterwards carried out of the habit. Or had he promised only to prevent a further accumulation of those concretions, prolong the intervals of a fit, and give strength to the *stamina vitæ*, his system would have

been more worthy the attention of men of science than in it's present form.

Musk

WITH respect to musk, it may have very happy effects, and relieve those dreadful spasms people are subject to, in violent fits of the Gout: I have never tried it, tho' I formerly did it's substitute, castor, mixt with equal quantities of saffron, and with good success: However, I can, with some confidence, assert, when this disease is properly treated, from the first seizure, no one will be afflicted with such dreadful spasms, nor feel half an hour's pain. I do not assert this without sufficient reason and experience, not in my own case only, tho' few people have had more severe trials; but from the authentic evidence of those who have used the same means with myself.

*Castor oil
Substitute*

As to the external means the Doctor prescribes, I cannot help expressing my fears for the consequence of them.

The application of bread and milk, with one third of mithridate, I should

*Application
of Milk
= Date bad*

be apprehensive would either repel the gouty humor, or by keeping it so long rarified, cause a coagulation of the serum; which, if once done, the heat of the body will too soon convert it into those dreadful callosities, or chalk stones, so common and obvious in gouty habits. The blister

Blister

plaster I have still a worse opinion of,

*plaster
worse*

as it's acrid and fiery salts are too near akin to the gouty humor, and therefore must I think considerably heighten the pain: However, if it should be proved to do that service he has promised, it will justify the Doctor's sagacity, and he will be entitled to the thanks of the public

At present I shall not say any thing further with regard to the medicinal treatment of the Gout, as it is my full intention soon to publish (in compliance with the warm solicitations of my friends) the remedies and method of treatment, which have done me such inconceivable service in this most excruciating disease.

F I N I S.